

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876  
P: 978-640-4480 F: 978-640-4483

JANUARY 2018

Volume 10 Issue 1

### Senior Center Hours:

Monday – Friday

8:00AM until 4:00PM

We will also be open for all  
*scheduled* activities outside  
regular hours.

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**Happy New Year!** We hope everyone enjoyed their holidays and we wish everyone a very happy and healthy New Year.

**Tax Preparation:** We will be taking names for individuals that are interested in having their taxes prepared at the Senior Center. Details are not available at this time and leaving your name does not guarantee that there will be a spot available for you. It will be a first-come, first-served basis. You will receive a call back with details once the schedule is available. You may call or come in and have your name and phone number put on the list at the reception desk.

### Happy Holidays to Homebound Seniors, by Nicole Hutcheon, Outreach



I am happy to announce this year we successfully ran the second annual Christmas Present Project to deliver presents to some seniors in town. This was made possible by the support of the Town of Tewksbury and some very generous donations. We received donations from two women in the Town Clerk's Office who made fleece blankets. In addition, there was a lot of senior involvement which included making beautiful hats and beautiful handmade cards. The Power of Flowers donated mini bouquets as well.



The presents were delivered on December 21<sup>st</sup> with the help of several Town Employees. This year the program was able to reach 50 seniors in town. My goal with this project was to help spread holiday cheer and I hope each year that it expands. If you want to learn more about this initiative please contact me at the Senior Center.

**There are contests for  
our readers.  
More info can be found  
on page 8!**

### TRIP AND EVENTS in 2018, Submitted by Diane Dunlevy, Activities Coordinator

Due to popular demand, trips to Villa Roma in New York in the spring, Cape May New Jersey in September and Vermont in October plus the White Mountain Hotel in North Conway, NH in late November are on 2018's schedule! Some suggestions for day trips include a visit to the new wax museum in Boston, a trip to Radio City Music Hall to see the Christmas Spectacular Starring the Radio City Rockettes, and Celtic Woman in April at the Lowell Auditorium to name just a few. You can be sure I will be planning a few new fun surprises as well throughout the year. We will continue to offer in-house events such as the Flower Arranging Workshops led by the Power of Flowers, Traveling Chef Luncheons, guest speakers and so much more.

### WHAT'S ON YOUR BUCKET LIST FOR 2018?

**Let us know what's on your bucket list?** Drop your ideas into the suggestion box located outside the office suite at the Help Desk. It should be easy to find... it's wrapped like a present!

**AFTERNOON DANCES** - We are fortunate to have **DJ Jon Mansfield** here for daytime dances. Dances are for singles and couples. The next dance will be on Monday, January 22nd.

**Please note:** Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.



Thank you to **Peregrine's Landing of Tewksbury** for providing a delicious lunch for this event each month!

**Christmas Cards for the Annual Christmas Present Project** were handmade by our Craft Group at the Senior Center. Many thanks to the ladies for donating their time and talents! These cards gave the project a personal and special touch bringing a smile and Christmas cheer to all of those receiving the cards. Each card was crafted with a ribbon at the top so they could be easily placed on the recipients Christmas trees. Many of the items donated for this special project were worked on throughout the entire year to provide ample gifts for the grateful seniors receiving presents. Many thanks to everyone who helped to make this project a success.



### SILVERTONES — JOLLY JANUARY DANCE

Singles & couples dance featuring big band music and line dances. **Friday, January 19th, 7-10 pm**, Tickets are \$10/person with coffee & cake served during the break. Tickets can be purchased at the door.

Mark your calendar... Silvertones Dances are the third Friday of each month!



The Senior Center Chorus, **The Swinging Seniors**, put on their annual Christmas Concert in the atrium in December. A good time was had by all! After the performance, everyone enjoyed gingerbread cookies and coffee. What a wonderful way to help celebrate the holidays!







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**Gail Deackoff**  
Van Driver

**Nancy McCarthy**  
Van Driver  
Nutrition Assistant

**Ralph Natola**  
Van Driver

**Council on Aging Board Members:**

Virginia Desmond, NP, BC - Chair  
Patty Sasso- Vice Chair  
Joel Deputat, Treasurer  
Kathy Walsh, MA - Clerk  
Joanne Aldrich, Ed. D, GNP-BC  
Linda Layne, Notary  
Bob MacInnis  
Lynn Murphy, JP, Notary  
Karin Theodoros, Esq.  
Joan Unger, GRI  
Arlene Wright

We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.



**MEALS ON WHEELS - DRIVERS NEEDED**  
Volunteer and Stipend Positions Available



Drivers deliver meals to seniors who are homebound. As a delivery driver, you are the direct contact between isolated seniors and the program. In addition to delivering nutritious meals, you have the ability to brighten their day as you may be the only person they see all day.

Volunteers use their own vehicles to pick up meals from the Tewksbury Senior Center. We are looking for individuals that can be available 2-3 times a week or at least one day a week between the hours of 10:00am and 1:00pm. Meals are delivered Monday through Friday. We will be grateful for whatever time you could offer. Training is provided.

**Responsibilities & Requirements**

- Able to volunteer a 2-3 hour period of time 1-5 times per week.
- Possess a reliable vehicle to pick up and deliver meals.
- A cell phone for route communication would be helpful.
- Possess a valid driver's license, automobile insurance coverage, a clean DMV record as well as demonstrate safe driving skills.
- Ability to read maps, use a GPS and/or have a good sense of direction.
- Complete our application and pass a background check.

Interested applicants or for more information, please contact Shirley Lambert at the Tewksbury Senior Center, 978-640-4480 x300

**Join our team of volunteers who are making a difference in the lives of seniors in our community!**

**Fuel Assistance 2017-2018**

If you need assistance filling out your form please contact Nicole Hutcheon at 978-640-4480 to make an appointment.

**NEW Applicants coming in it will be necessary for you to bring the following information/documents:**

**Identification:** Driver license or legal photo

ID. If unavailable you must provide birth certificate and social security card.

**Home Owners:** Copy of mortgage if you still are making payments, current tax bill, and a copy of homeowner's insurance.

**Renters:** Copy of lease and proof of rent payments.

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Utilities:** Electric bill, gas and/or oil bill and telephone bill.

**PREVIOUS Applicants need to bring the following information/documents:**

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Utilities:** Electric bill, gas and/or oil bill and telephone bill.

FAMILY SIZE	MAX ANNUAL GROSS INCOME
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272

**WEEKLY SCHEDULE***(Special Events & Schedule Changes See Page 7)***SHINE a Little Light, Submitted by Patty Sasso**

Thank you to everyone who came to see me for a SHINE appointment during Open Enrollment. SHINE counselors help with Medicare all year long and it was a pleasure to meet you all during Medicare's annual Open Enrollment period.

During our conversations, a common question was, "How do I lower my prescription drug costs?". In many cases, Prescription Advantage can be the answer.

Prescription Advantage is a state-sponsored prescription drug assistance program designed for people with or without Medicare, and low-income people living with disabilities in Massachusetts. The assistance is based on income not assets. The Prescription Advantage program supplements prescription drug benefit costs by helping to pay for medications covered by Medicare Part D or creditable coverage plans, during the Donut Hole/Coverage Gap.

In order to qualify for Prescription Advantage, you must have a prescription drug plan, such as Medicare Part D, a Medicare Advantage Plan with drug coverage, or a retiree plan with drug coverage. Prescription Advantage has six income-based categories, each with a different co-payment and out-of-pocket spending limit. For example, if you are single with a yearly income of less than \$36,180, or married with a yearly income of less than \$48,720, you are eligible for this program. If you are over these limits, or are under age 65, you may still qualify for assistance.

Once you are a member of Prescription Advantage, you present your Prescription Advantage card to your pharmacist who keeps it on file. Your pharmacist will calculate the retail cost of your medications so when you hit the Donut Hole, the pharmacist will bill Prescription Advantage, and your co-pays will be a set amount, based on your membership category. This is one of the reasons it is so important that you choose a Prescription Drug Plan that has all of your medications covered on their formulary, so all of your medications count.

It's easy to apply by phone or email at Prescription Advantage: 1-800-AGE-INFO (1-800-243-4636 Press 2) or [www.prescriptionadvantagemass.org](http://www.prescriptionadvantagemass.org).

SHINE counselors also have information on other resources that may help with expensive or specialized medications. Call the Senior Center to make an appointment to meet with me and we can review potential options.

A special thank you to the  
**Executive Office of Elder Affairs**  
for supporting our newsletter!

**MONDAY****AM**

9:00 Forever Fit  
9:30 Men's Yoga  
9:30-11:30- Blood Pressure  
Clinic provided by Circle Home  
Health  
(Except 4th Monday, 11am-1pm)  
10:15 Therapeutic Yoga

**PM**

11:30-1:30pm Knitting  
Crocheting Group  
12:30 45's  
12:40 Bone Builders #2  
2:00 Bone Builders #1  
3:30 Gentle Yoga

**TUESDAY****AM**

8:30 Tai Chi  
8:45 TOPS Weigh In/ Mtg.  
9:30 Wood Carving  
9:45 Movin' & Grovin' Exercise  
11:00- 4 Piecemakers for Charity  
11:30-12:30 Salad Bar

**PM**

12:30 ZINGO  
1:00 Independent Painting  
5:00 Muscle & Meditation  
Workout and Yoga  
6-9 Open Sew Night  
(1st & 3rd wks/month)

**WEDNESDAY****AM**

8:15 Bone Builders #3  
9:00 Arts & Crafts  
9:00 Quilting  
9:30 In-house Pool Tournament  
9:30 Men's Mind & Muscle  
10-11 Town Nurse Office Hours  
10:30 Country Line Dance Class  
11:30-12:30 Salad Bar

**PM**

12:30 Cribbage  
12:30 Mah Jong  
12:40 Bone Builders #2  
2:15 Gentle Chair Yoga

**THURSDAY****AM**

8:45 Tap Dancing  
9:00 Diet Workshop  
9:30 Wii Bowling League  
9:30 Traditional Line Dance  
10:30 Body Works

**PM**

12:30 Experienced Yoga  
12:30 Whist  
1:00 Bunka Embroidery  
2:00 Bone Builders #1  
3:30 Chair Yoga  
5:00 Muscle & Meditation  
Workout and Yoga

**FRIDAY****AM**

8:30 Walking Club  
9:30 Bone Builders #3  
11-11:30am Meditation

**PM**

12:30 International Mah Jong

**SOME IMPORTANT REMINDERS:**

Please note that the Senior Center will be closed:  
**Mon, January 1st** in observance of New Years Day  
**Mon, January 15th, Martin Luther King Day**  
**NO Salad Bar the first week of January & resumes on**  
**Tues., January 9**

**Inclement Weather Closings and Delays:** All town buildings follow the same closings as the Tewksbury Public Schools. If Tewksbury Public Schools are closed then the Senior Center is closed to the public. If Tewksbury announces a 90 minute delay then the Senior Center will not be open to the public until 9:30am. If we have a delayed opening, please do NOT come to the senior center before 9:30am because the plows need the parking lot empty for snow removal. Keep in mind... even if the center is open never take a risk and go out in poor weather conditions.



**In-take for the Upscale Consignment Shoppe** will not take place on the first Monday this month due to the holiday. In-take will be held on Tuesday, January 2, from 2-6pm.

**SOUP & SALAD BAR**

Tuesdays & Wednesdays  
 11:30am - 12:30pm



*(There will be NO Salad Bar the 1st week in January or the week of January 15 due to the holidays; See Pg. 7)*

Due to increased cost in the soup prices, we will have a small price increase of .50 cents for the cup of soup beginning January 2018. We will continue to work at keeping the cost as affordable as possible. Thank you for your understanding.

**SALAD BAR - VOLUNTEERS NEEDED**

Thank you to all of the wonderful volunteers who make the Salad Bar happen every week. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays. If you would like to volunteer to help, please call or see Jan in the office.

**WHIST—15 Weeks, Submitted by Kay Maher**

The winners for our 15 weeks are:

- 1st Mary Chase
- 2nd Kay Maher
- 3rd Paul Johndrow

We play every Thursday at 12:30pm. There is a \$3 entry fee, coffee and dessert are included. Hope to see you there!

**COA (SENIOR CENTER) TRANSPORTATION SERVICES**

The Tewksbury Council on Aging provides transportation to all locations within Tewksbury and to medical appointments in surrounding towns. Currently, our service area is within a 7.5 mile radius of the Senior Center. We hope to increase our area of coverage as our transportation program grows. We are currently operating two vans Monday-Friday and have two part-time drivers on staff. We will do our best to accommodate all requests and please note that Medical Appointments take priority.

- **In-Town** Errands and Medical Appointments- \$1 each way
- Friday morning **trip to Market Basket** at Oakdale Plaza- \$2 round trip (occurs weekly)
- **Out-of-Town** Medical Appointments Only - \$2 each way
- **Long-Distance Medical Appointments**, such as Boston and Burlington, with the help of our friends at the Dracut COA. We will transport you to and from the Dracut Senior Center, where you will transfer to their long-distance medical bus. Cost varies based on destination. Appointments should be made between 11am-1pm.


Sign up by calling the Senior Center at 978-640-4480, ext. 292 (transportation extension). Leave a message and someone will get back to you as soon as possible. Make sure to include the following information in your message:

- Name
- Address
- Phone number
- **Where** you would like to go
- **When** you would like to go and appointment time if applicable
- Whether you need a one-way ride or if you need a return ride home and at what time that would be
- Any mobility restrictions/devices and if you require use of the wheelchair lift
- And if you will be accompanied by a companion

**Please Note:** If you are having a procedure that requires sedation or dilation of eyes, etc. where the doctor wants someone to drive you home, and/or stay with you for any period of time, please make sure you have a friend or family member escort you. The van driver is not allowed to leave their vehicle to pick you up at the doctor's office. COA and Road Runner transportation services are "curb to curb". Companions may accompany you for free.

# January 2018 Lunch Menu-Served daily at the Senior Center

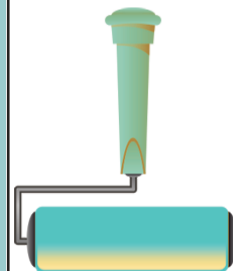
## Provided by Elder Services of the Merrimack Valley

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>No Meals Served</i> <b>HAPPY NEW YEAR</b> 	<b>2</b> Hamburger w/Gravy Mashed potatoes Chef's Vegetable Pears Dinner Roll	<b>3</b> Potato Bacon Soup Oven Baked Chicken Rice Pilaf, Carrots Cranberry Sauce Oat Bread, Fresh Fruit	<b>4 Special</b> Honey Garlic Pork w/Sauce White Rice, Broccoli WW Bread Pineapple	<b>5</b> Swedish Meatballs w/Sauce, Pasta Peas Italian Bread Cookie/Lorna Doones
<b>8</b> American Chop Suey Spinach Dinner Roll Parmesan Cheese Mixed Fruit	<b>9</b> Crust less Chicken Pot pie (Carrots, Corn, Peas) Mashed Potatoes Green Beans Biscuit Peaches	<b>10</b> Veggie Soup Breaded Fish (Potato Pollock), Tartar Sauce Roasted Potatoes Brussels Sprouts Yogurt, WW Bread	<b>11</b> Ribeye w/ Burger Bun Sweet Potatoes Coleslaw Apple Crisp	<b>12</b> Turkey w/Gravy Mashed Potatoes Carrots & Parsnip Cranberry Sauce WW Dinner Roll Chef's Dessert
<b>15</b> <i>No Meals Served</i> <b>Martin Luther King, Jr. Day</b>	<b>16</b> LS Hot Dog, Hot Dog Roll Pork Baked Beans Potato Chips Ketchup, Mustard, Relish Mandarin Oranges	<b>17</b> Beef, Tomato & Black Bean Soup Chicken Fajitas Rice, Summer Squash Sour Cream, Tortilla Fresh Fruit	<b>18 Birthday</b> Pot Roast w/Gravy Scalloped Potatoes Honey Carrots WW Roll B-day Cake/Angel Food	<b>19</b> Macaroni & Cheese Crumb Topping (side) Ratatouille Multigrain Bread Pears
<b>22 Nancy's Chicken</b> 2 Drumsticks, Gravy, Onions and Peas, Rice Butternut Squash WW Bread Pineapple	<b>23</b> Meatloaf w/Gravy Mashed Potatoes Beets Oat Bread Fruit Loaf/Grahams	<b>24</b> Broccoli Soup Vegetable Frittata Roasted Potatoes Baked Apples, Yogurt Juice (no milk) WW Roll	<b>25</b> Pulled Pork w/BBQ sauce Burger Bun Sweet Potatoes Corn Applesauce	<b>26</b> Seafood Newburg Pasta Chef's Vegetable Italian Bread Mandarin Oranges
<b>29</b> Turkey Casserole Rice Pilaf Carrots Multigrain Bread Pudding/Diet Pudding	<b>30</b> Lasagna w/Meat Sauce Cauliflower Dinner Roll Brownie/Lorna Doones	<b>31</b> Tomato Soup Breaded Chicken Patty Burger Bun, Honey Mustard Roasted Potatoes Mixed Veggies Fresh Fruit	<b>Lunch available daily @ 11:30am.</b> <b>Sign-up at least two days in advance.</b> <b>\$2.00 voluntary donation requested per meal.</b>	

# January 2018 Schedule of Monthly Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NO Salad Bar This Week	1 HAPPY NEW YEAR 2 1 8 SENIOR CENTER CLOSED	2 2-6PM Upscale Intake Night	3	4 10AM Parkinson's Support Group	5	6
7	8	9 10:15AM Better Your Bones 10AM Caregivers Support Group	10 10AM Bereavement Support Group	11 9AM Men's Group	12 12-2:00pm LCR	13
14 NO Salad Bar This Week	15 Martin Luther King, Jr. Day SENIOR CENTER CLOSED	16	17 12:30PM COA Board Meeting 7PM Red Hat Event	18 8:30AM Foot Care Clinic	19 7PM Silvertones Dance	20
21	22 11:30AM DJ Afternoon dance	23 10AM Brown Bag Distribution	24 9AM Hearing Clinic	25 9AM Men's Group	26 11:30AM GAC Christmas Party	27
28	29 10AM MS Support Group	30	31			

**SUPPORT THE ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY

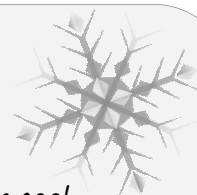


## JANUARY WORD SEARCH

A	I	B	O	L	L	A	O	C	O	C	T	O	H	L
K	B	N	O	R	E	A	S	T	E	R	Z	S	O	L
Z	O	L	I	S	E	I	R	R	U	L	F	K	I	A
E	O	F	I	R	E	P	L	A	C	E	E	A	C	B
R	T	R	L	Z	I	C	S	Y	N	N	R	T	I	W
A	S	O	B	E	Z	L	A	B	A	N	S	E	C	O
J	T	Z	C	R	E	A	M	A	G	A	N	O	L	N
E	A	E	R	D	Z	C	R	L	G	L	O	V	E	S
T	O	N	C	O	L	D	E	D	O	F	W	R	S	N
I	C	H	U	R	E	D	I	T	B	R	F	E	K	E
H	R	E	T	A	E	W	S	E	O	A	L	T	I	T
W	I	N	T	E	R	M	I	T	T	C	A	S	I	T
Y	C	I	R	A	E	Y	W	E	N	S	K	O	N	I
B	E	L	O	W	Z	E	R	O	S	T	E	R	G	M
H	E	L	O	L	L	A	F	W	O	N	S	F	O	R

BELOW ZERO  
BLIZZARD  
BOOTS  
COAT  
COLD  
FIREPLACE  
FLANNEL  
FLEECE  
FLURRIES  
FROST  
FROZEN  
GLOVES  
HOT COCOA  
ICICLE  
ICY

JANUARY  
MITTENS  
NEW YEAR  
NOR'EASTER  
SCARF  
SKATE  
SKIING  
SLED  
SNOWBALL  
SNOW FLAKES  
SNOWFALL  
SWEATER  
TOBOGGAN  
WINTER

Advice from a  
SNOWFLAKE

Keep your cool  
Appreciate small wonders  
Let your plans crystallize  
Take time to chill  
Sparkle!  
Celebrate your uniqueness  
It's OK to be a little flaky!

## Prizes for Our Readers

Find a mistake in this newsletter and you could win a prize! Enter your name and the mistake you found into the container at the help desk by January 22nd.

**December winner is Kim Nelson**

Congrats Kim! The word celebrations in the word search was spelled incorrectly. Great Catch! Thanks for playing.  
See Diane in the office for your prize.

## DECEMBER TRIVIA WINNER:

**Brian Hurley**

Well Done! See Diane in the office suite for your prize.

			9			8
	3		1			9
4	5			3		6 7
						8 5
	1			4		3
						2
		9 8				
	2		7			
				6 5		

## Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

## GUESS HOW MANY?

Try counting the number of snow and/or snow related pictures sprinkled throughout this month's newsletter. Can you find them all? Guess the correct number and you will be entered to win a prize! Drop entries in the jar at the help desk by January 22nd.

Good Luck!

**Winner for December is  
Barbara Owen!**

Well done! 27 Trees  
See Diane for your prize  
Thanks for playing!!

## Answers to last month's Sudoku

6	8	5	4	9	2	7	1	3
1	3	7	5	6	8	2	4	9
9	2	4	7	1	3	5	8	6
2	1	3	6	7	4	9	5	8
4	7	9	8	5	1	6	3	2
8	5	6	3	2	9	1	7	4
5	4	2	9	8	7	3	6	1
3	6	1	2	4	5	8	9	7
7	9	8	1	3	6	4	2	5



**Red Hat News, Submitted by Diane Joy**

WELCOME 2018!! A Happy and Healthy New Year to you all!

A BIG THANK YOU! to everyone who contributed to the Food Pantry. You made someone's Holiday a bit brighter and happier!

Our Christmas Event was a delightful time! We had a surprise visit from Santa Claus! Congratulations to Table 1, who won the singing contest! The food was excellent (as usual), and the entertainment was great. Thank you to The Village Inn for the delicious food, our wonderful waitresses, our entertainer, Larry Gilbert, and our "secret" Santa.

**UPCOMING MEETING DATES:**

**January 17, 2018 6:00 pm**

Please keep an eye open around the Senior Center for the exact January event. (At the time of this article, I am not sure what will be happening!) But, mark your calendars for that third Wednesday of the month for our Red Hat Events!!

**February 21, 2018 6:00 pm**

February is the Red Hat Carnation Belles Anniversary month. Please mark your calendars to help celebrate our Anniversary!!!

Please keep an eye on the Board for the upcoming January meeting. (and ALL upcoming meetings)

*Please contact the Queen Mother or any Board Member if you know of a Red Hat Sister that may be ill or has undergone surgery. A card can be sent with all of the Red Hat Carnation Belles' best wishes in it!*

**Golden Age Club News, Submitted by Nancy Zabawa**

GAC Monthly Meeting, January 9 - Due to a suggestion to reprise an original by-law, a vote will be held at the next meeting. Please attend if you wish to vote on this issue.

The next LCR will be held on Jan. 12th. Due to inclement weather the GAC Holiday Party was postponed. The new date for this event will be held on Friday, January 26th (weather permitting). Doors open at 11:45am. Thank you to everyone who still dropped off toys to be donated to the Toys for Tots Program. The Tewksbury Fire Department picked up our donation.

**Friends of the Elderly, Inc., Submitted by Linda Brabant**

The Friends will not be holding a casino day trip during the months of January and February. Casino trips will resume in March. Watch for information in the next newsletter.

It is hoped that everyone who attended the Friends Christmas Dinner and New Year's Eve Celebration had an enjoyable time; and, that everyone enjoyed the holiday season.

The Friends Valentine Dance will be held on Friday, February 23<sup>rd</sup> from 7:00 to 10:30 PM with dancing to the sounds of the D. B. Orchestra. Tickets may be purchased at the door. At this dance we honor Tewksbury couples who have been married 50 or more years and have not yet been a guest in the past. If you are one of these special couples or know of such a couple, please contact Kay Maher at the Senior Center or Linda Brabant at 978-851-4243. We would love to have you as our guest for the evening.

The winners of the Christmas Drawing were:

Lottery Tickets: Dorothy Dias

Train Afghan: Mary Kuchler

Half Gallon of Spirits: Ginny Desmond

Quilted Christmas Wall Hanger: Mary Kuchler

Porcelain Doll: Ginny Desmond

Christmas Serving Sets: Midge Wilson

Snowman Wall Hanger: Guest

Many thanks are extended to those who donated for this drawing: Barbara Daley, Bob & Cynthia Trudeau and Maria Gondola. The quilted items were made by Gerri Clements and left to us when she passed. A hearty "thank you" is also extended to Claudia Russo and Ginny Desmond for their donations for the door prizes; and, to all those who helped with the favors and with set-up and clean-up of the hall.

WISHING YOU GOOD HEALTH AND  
PERSONAL WEALTH IN 2018!  
GOD BLESS AMERICA

Start off 2018 learning how to "Better Your Bones". Join Registered Dietitian, Leigh Hartwell on Tuesday, January 9th at 10:15am. Important topics on bone health will be discussed with time for questions and answers. Topics to be covered:



Dairy and Dairy Alternatives  
Vitamin/Mineral Recommendations  
Exercises for Bone Health  
Osteoporosis

Thank you to Elder Services of the Merrimack Valley for sponsoring this important workshop.



**Douglas W. Sears Esq.**  
**Counselor &  
 Attorney-at-Law**  
*How Can I Help You?*  
 Home Visits by Request  
**978-376-7390**

Wills • Trusts • Elder Law • Family Law  
 Estate Planning • Probate • Slip and Fall

Office: 1445 Main St., Tewksbury



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
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